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| 7TH & 8TH Grade Girls Athletics6-Week Snapshot  |
| \_3 Six Weeks |
| Unit | Topic | TEKS/Learning Target |
| Basketball |  -Continue Fundamentals & add advanced shooting, off, moves, & defensive rotation-Advance every aspect of defense & offense-#’ed break-One on one, 2 on 2, 3 on 3 w/ rules  | Athletes will continue using the skills they have learned to play the game of basketball. |
| Off-Season  | Cardio – sprints, 300’s, 400’s, 800’s, plyo’s - boxes Strength training – dead lift, hang clean, squats, bench press, push pressAgility – ladders, hurdles, dots | Athletes will condition their bodies through cardio exercises and strength training. |
| Important Dates   | TBA   |  |